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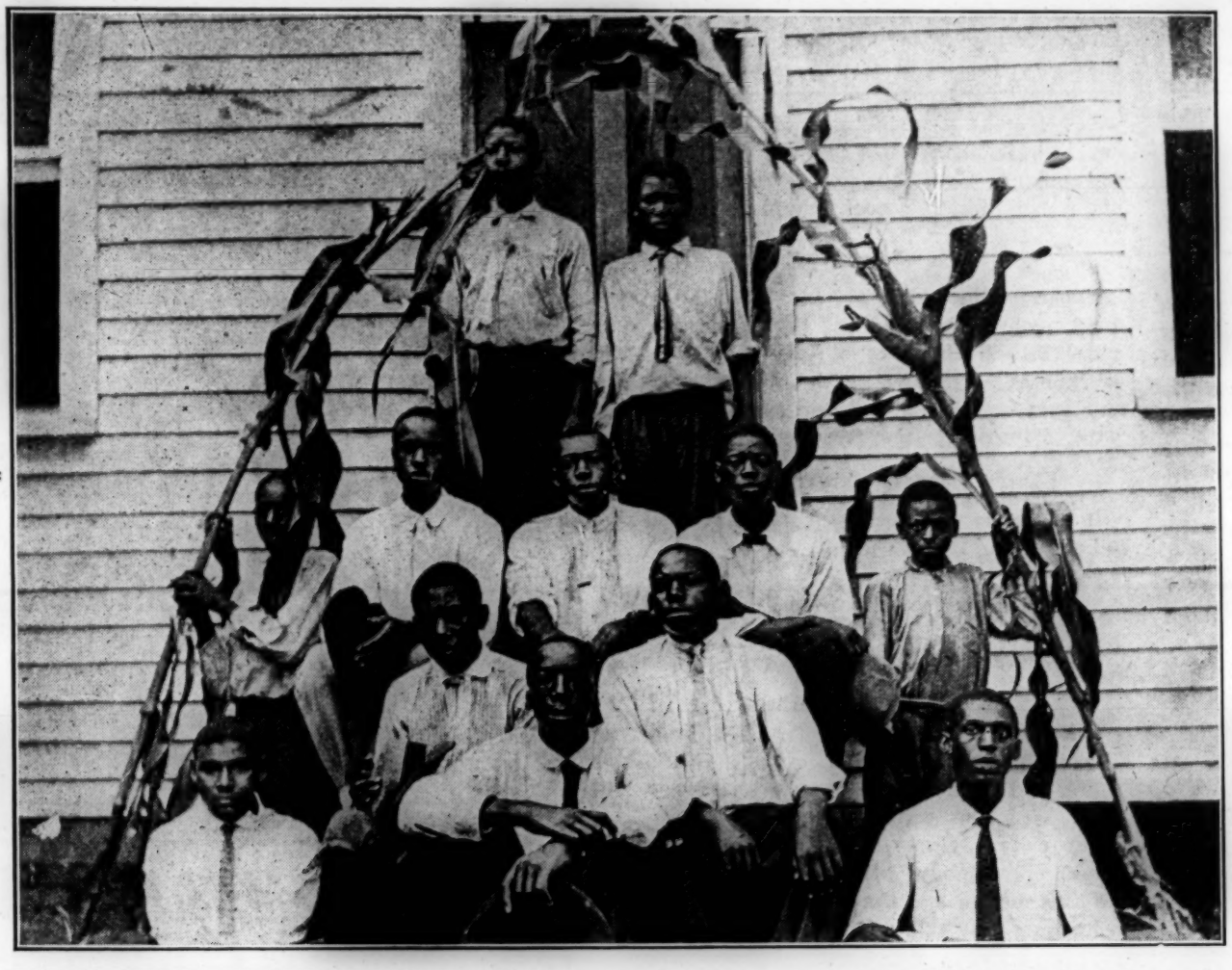
THE NEGRO FARMER

Published Bi-Weekly in the Interest of the Home, Farm and Garden; Especially Devoted to the Interest of Negro Land Owners and Tenant Farmers and Those Who Employ Negro Labor. The Only Negro Farm Newspaper in the World, to be Circulated Among 2,000,000 Black Farmers.

Vol. 1. No. 8 | TUSKEGEE INSTITUTE, ALA., MAY 9, 1914 | 5c. Per Copy. $1.00 Per Year

Saving-Food-For-Winter Number



Boys' Corn Club of Miller's Ferry, Alabama

The first picture of a colored boys' corn club to appear in any farm paper in the United States, if not in the world.

Names of Members

Top row from left to right: Malcolm Nickens, Jas. Marsh.

Second row: Bruce Bethea, Ben Higginbottom, Lewis Rivers, Marcus Durgan, Eddie Rivers.

Third row: Lummie Marsh, (highest record—49 bushels to the acre), Alphonse Rivers.

Fourth row: Thos. Coleman, Jos. Bell, Evy Chalman. (Coleman and Chalman are not members, but are interested.)

General Hints for Storing Vegetables

(From Circular 154, Ill. Ag. Exp. Station)

Of the vegetables stored for winter, some require entirely different conditions in storage than do others, so that attempts to store all vegetables under the same conditions would result only in failure. In order that the root crops may be stored without wilting, rotting, or starting into growth, they must be kept cool, fairly moist, and away from contact with circulating air. Cabbage may be successfully stored under the same conditions. Onions must be kept at a low temperature, but differ from the root crops in that they must be in a dry atmosphere and have free circulation of air. In a moist atmosphere, under high temperature, they would either rot or sprout. Vegetables that are expected to continue growth while in storage, such as celery, leeks, Brussels sprouts, chicory and parsley, must be planted in dirt and the roots kept moist. Air should circulate freely about the tops, and the temperature must be low. On the other hand, sweet potatoes, pumpkins and squashes demand a high temperature and dry atmosphere, with free circulation of air.

Storage Methods for Different Crops

The conditions of storage favorable to the different crops are secured in various ways. Market gardeners use outdoor pits or specially constructed cellars for their root crops, cabbage and celery. Onions are commercially stored in slatted crates piled in tiers in frost-proof houses provided with means for ventilation so that the temperature can be maintained at slightly above freezing. Sweet potatoes and squashes are also stored in specially constructed houses in which the temperature can be controlled; but since a high temperature is demanded for these crops, artificial heat is usually employed. Circulation of air about these products in storage is facilitated by the use of slatted bins, and allowing ample space between the bins and the side walls of the building.

THE CANNING AND PRESERVING OF FRUITS AND VEGETABLES IN THE HOME

By PROF. G. W. CARVER, Director Department of Research and Experiment Station
Tuskegee Institute, Alabama

(The directions following are taken from a bulletin of the above title)

The opening of the fruit and vegetable season is now here. Every year it is painfully apparent that fully two-thirds of our fruits and tons of vegetables go to waste. These, with a little effort in the direction of canning, preserving and drying, can be converted into nutritious and palatable dainties, sufficient to last throughout the winter and spring months.

Preparation

An ordinary iron or tin wash boiler, with a heavy wire or slatted bottom, will answer the purpose for cooking. Thoroughly clean the jars; fill; place them in the cooker so that they will not touch each other; pour three or four inches of water in the cooker; put on the cover, and steam briskly the length of time necessary for the particular fruit or vegetable you are canning.

Methods

Corn

1. Sheer off the grains with a sharp knife; pack the jars or cans full; salt to taste; fill them up to the top with cold water; put on the rubber rings, and screw on the tops loosely; keep the water boiling for one hour; remove the cover of the boiler, and screw down the caps. On the second day loosen the caps and boil again for one hour. Seal again and repeat the same the third day. They may now be permanently sealed and placed in a cool, dry, dark place.

2. Thoroughly cook the fruit or vegetable in a granite or porcelain-lined kettle; remove the cans or jars from the boiling water; fill and seal at once. They often keep admirably in this way, but the flavor is never so fine or the appearance so attractive.

String Beans

String, top and tail, exactly as for cooking; pack tightly in the jars or cans and treat the same as for corn.

Okra

(Use only tender okra)

Wash in cold water; cut off the stems and tips; leave whole or split as desired; treat the same as for corn.

Egg Plant

Peel and cut into cubes or slice about an inch thick; drop in boiling water for 15 or 20 minutes; pack in jars or cans, and treat the same as for corn.

English Peas and Lima Beans

Shell; wash in cold water, and treat the same as for corn. (Follow the same process for lima beans.)

Asparagus

Take the nice tender tips; wash in cold water, and treat the same as for corn.

Parsnips, Carrots, Pumpkins, and Sqush

Wash, peel, and grate; slice or cut in discs (squares); fill the cans, and treat the same as for corn.

Tomatoes

Take nice, ripe tomatoes; dip them in boiling water for a few minutes; immediately plunge into cold water; remove the skins; fill the cans, and treat the same as for corn. Two tablespoons of sugar to the half-gallon will improve the flavor.

Beets

Wash young, tender beets; prepare the same as for cooking; cook until done; remove the skins; cut in thin slices, pack into the jars, and treat the same as for corn. If a pickle is desired, mix equal parts of good vinegar and water, sweeten to taste, and cover the beets with this mixture instead of water. (Use only glass jars where vinegar is used.)

Sour Kraut

Take a clean keg, barrel, or jar; select good, firm cabbage heads; remove the outer leaves; wash and quarter as for cooking; shred with a spade, sharp knife, or slawcutter until very fine; rub the sides and bottom of the vessel with salt; put in a two- or three-inch layer of shredded cabbage; pound down with a wooden pestle; another layer of cabbage and salt, pounding as before; continue this process until the vessel is as full as you desire; cover over with cabbage leaves, and weight down with a heavy weight; make a weak brine of salt and water, and cover the cabbage; use just a trifle more salt than for cooking; tie a thin cloth over the vessel to keep out worms; put in a cool, dry place.

Sweet Potatoes

Select medium-sized potatoes; boil until two-thirds done; scrape off the skins; cut (if too large for the cans) into thick slices or strips; pack in the jars or cans tightly; cover with a thin syrup of water and sugar (1 1-2 pounds of sugar to 1 gallon of water); treat afterwards exactly as for corn.

Blackberries

In all cases where cans or jars are used they are to be thoroughly cleaned.

Use—

12 parts blackberries
2 parts sugar

Pack tightly in jars, and cook the same as for corn.

Huckleberries

Take—

12 quarts berries
1 quart sugar
1 pint water.

Put water, berries and sugar in the preserving kettle; heat slowly; boil 15 minutes, counting from the time contents of the kettle begin to bubble; pour in hot jars, and seal at once.

Grapes, Muscadines, and Scuppernongs

Take—

6 quarts grapes
1 quart sugar
1 gill water.

Squeeze the pulp of the grapes out of the skins; cook the pulp five minutes, and then rub through a sieve fine enough to hold back the seeds; put the water, skins and pulp into the preserving kettle, and heat slowly to the boiling point; skim the fruit, and add the sugar; boil 15 minutes, pour into hot jars, and seal.

Peaches

Take—

8 quarts peaches
1 quart sugar
3 quarts water.

Put the sugar and water together; boil and skim; pare the peaches; cut in halves; remove the stones unless you wish them whole; put in the preserving kettle; cover with the hot syrup; gently boil for fifteen or twenty minutes, skimming carefully; place in hot jars; cover with the syrup, and seal.

(Continued on Page Five

To the Country School Teacher

There are hundreds of teachers at work in the country districts and small towns who can supplement their salaries and do some good at the same time by getting subscribers for The Negro Farmer.

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THE "BIG WORDS" AND EVENTS EXPLAINED

FARMERS' DICTIONARY

WHAT THE TROUBLE IN MEXICO IS ABOUT

According to the general belief, General Victoriano Huerta caused Madero, ruler of Mexico, to be murdered, and proclaimed himself ruler instead.

President Wilson refused to recognize the new ruler because of the way he had gotten into power; not only so, but the influence of the United States was used to prevent other countries from helping Huerta to win against the other branch of Mexicans who are seeking to overthrow and defeat Huerta.

Naturally, Huerta does not feel kindly toward the United States, and he has not gotten behind any houses to show his dislike of President Wilson. At the same time, his dislike has been shared by those who are on his side.

(Continued at Bottom of Next Column)

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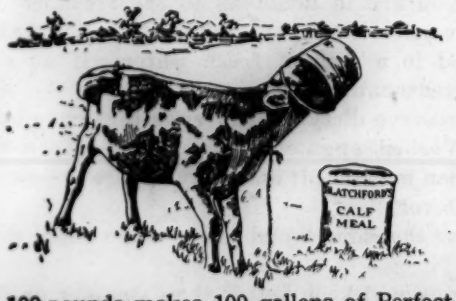

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For this, the United States demanded that the officer making the arrest be punished and the American flag be saluted. The officer was punished, but General Huerta refused to salute the flag except on some conditions he named—conditions which the United States would not accept.

Hence—the clash between the United States and Mexico.

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THE NEGRO FARMER

Published Every Other Week, in The Negro Farmer Building, Greenwood, by

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Entered as Second-Class Mail Matter, February 14, 1914, at the Post Office at Tuskegee Institute, Alabama, under the Act of March 3, 1879.

Subscription Price:

Per copy.....5 cents
Per year, post-paid.....$1.00
Six months..... .50
Three months..... .40
Foreign subscriptions, per year..... 2.25

How to Remit:

Send money by postal money order, express order, or registered letter. Stamps in good condition are accepted for small amounts. Postal money orders are preferred, and should be made payable to The Negro Farmer, Tuskegee Institute Post-office, Alabama.

All subscriptions are absolutely payable in advance; and the paper will be discontinued when the time expires unless renewed.

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may be had on application. No liquor advertisements accepted.

All correspondence should be directed to The Negro Farmer, and not to any particular person connected with it. Please be sure to write on one side of the paper; and write plainly, so that your writing can be understood by almost anybody of ordinary intelligence.

In case of removal, be sure to notify us. If you fail to receive the paper regularly after subscribing for it, or if any error is noticed, subscribers will greatly help the paper by notifying us.

SATURDAY, MAY 9, 1914

THE COST OF A FIGHT

Several weeks ago a fight occurred between two colored farmers in a farm community about ten miles from the Court-house. Two or three days afterward, the case was tried at the Court-house. Each side to the controversy called about ten witnesses. The trial of the case occupied a whole day. Aside from the time of the judge and jury and the lawyers on each side, the time of at least twenty-five persons in this farming district was thrown away, for the day. Each person either went to the Court-house with a mule of his own or with somebody else's mule; so that it is safe to say that, in addition to the loss of time of at least twenty-five individuals, there was a loss of the time of at least fifteen mules.

Altogether this fist fight between two farmers must have cost them, including the cost of court, lawyers, etc., between sixty and seventy dollars. We wonder if it would not have been more sensible for the two men in this controversy to have chosen their minister or some other disinterested person and let him try the case and settle it in the community where the fight took place. Our people should learn to stop throwing away their time and money in useless court trials. The fact of the matter is that there is an ignorant type of our people who take advantage of every opportunity to parade themselves in the court room. There is also a type of colored women who have neither pride of race nor of sex, but who frequent court rooms, where they hear much that is not fit for any woman to hear. We wish to urge upon our people to teach their wives and daughters that it is disgraceful to be seen in such a place unless it is absolutely necessary to be there.

WHEN THE CHILDREN COME HOME FROM SCHOOL

By the time this issue of the paper reaches its readers, many of the boarding schools where a number of colored students from the farms have been in attendance during the fall and winter will either have closed or be preparing to do so. Heretofore, it is to be feared, our farmers have paid very little attention to the matter of their attitude to these pupils during vacation time.

In many schools, certainly in the best ones, the presidents and teachers spend some time in advising the pupils what they ought to do to help their parents when they go back to their homes; but there are very few persons who say anything to the parents about some things they ought to do when the children come back from school.

The Negro Farmer is vitally interested in the matter of getting a larger number of young people to decide to make their homes on the farm and find their life's work there; and so, the attention of our colored farmers who have children away at school is called to the subject of these children at a time when it deserves attention.

1. Take the children into your confidence now as you have not done before. Talk to them about your crop prospects, whether you are behind or "up" with your work, and what you hope to accomplish by the close of the year.

2. If you have any stock and teams, make the children free to use them; and encourage them to bring other young people of the neighborhood to your homes.

3. Set apart definite rooms which the children may use for their social amusements.

4. Ask them if there are any little comforts and conveniences which they miss and would like for you to provide; and promise to get them if you can afford it; and get them if you promise to do so.

5. Let them know frankly that you need their help on the farm, but that you are willing to do all you can to help make it pleasant for them.

6. Tell them that you want them to bring as much of the school life they have had to your home as is possible to do.

7. Tell them what plans you are making to give them a share in the proceeds from the farm, and give it to them now. A colt or grown horse or a mule or a buggy for the boy; and a grown cow or horse or mule or a personal room properly furnished for the girl will make the children feel that they have a definite part in your farm and that they own property there. This will send them back to school with increased purpose and will help "tie them" to the old farm home.

Near the little village of Wabbaseka, Arkansas, lives a colored man who has realized all that has been said here; for his two grown boys—there are no girls—have been given two fine horses and as fine a double-rigged carriage as is to be found in the county—and not only have the boys been stimulated to help him as they have not done before, but they do not even think of leaving his farm. The team was given the boys while they were in school.

It will make the growing of cotton seem more important, if you promise to give a child a bale of cotton at ginning time, and then do it.

And above all, let the children know that you are leaning upon the education which they are receiving to help you make a better living on your farm and to have more of the comforts of life there.

Finally, do not meet the children with the statement that "you've been sitting up in school; now you must get out into the field and help me." Your son or daughter will not like for you to talk this way. Besides, you can get them to the field in a better way. Let them feel, as shown above, that they are partners in your farm work, who have been sent away to school to help make things better at home. They'll appreciate this.

HOW TO KEEP EGGS

Of all the methods that have been tried to preserve and keep eggs for any length of time, the best one, according to the Cornell State College of Agriculture (Food Series No. 6—The Preservation of Food in the Home), the limewater and salt brine and the water glass solution seem to give the best results. The water glass gives the better results of the two, because of the chalky taste that can be detected in eggs preserved in limewater and salt brine. The two methods and hints for their use are as follows:

Lime Water and Salt Brine Preservative

Slake four pounds of good quicklime in a small amount of water, then mix with four gallons of pure water and add two pounds of salt. Stir the mixture thoroughly several times, then allow it to settle. Pour off the clear liquid. The clear liquid is the part in which the eggs are to be preserved. There is about enough of this mixture to preserve 30 dozen eggs, the number depending somewhat on the shape of the vessel.

Water-glass Solution

The commercial water-glass solution may be obtained from any drug store at a cost of about 20 cents a quart. Mix 1 1-2 quart of this solution with 18 quarts of pure water; water that has been boiled is preferable. Stir the mixture until the ingredients are thoroughly mixed. A stone jar is the most suitable vesesl for the mixture. Two eight-gallon jars are sufficient for 30 dozen eggs, using the amount of solution prescribed above. After the water glass is thoroughly mixed, pour it into the different vessels to be used, being sure that the vessels are absolutely clean. Place the eggs in the water glass, see that those at the top are covered by at least two inches of the liquid, and cover the jars in order to prevent evaporation. Put the jars in a cool place where they will be undisturbed during the year.

Suggestions

Preserve only absolutely fresh eggs; stale eggs will not keep in any preservative. Have your preservative ready to receive the fresh eggs as you get them. If you are in doubt as to the freshness of the eggs, candle them, or see whether they sink when placed in a dish of fresh water. If an egg sinks, it is reasonably fresh.

Do not preserve dirty eggs or eggs that have been washed. Washed eggs will not keep because the shell has been moistened; and dirty eggs will become tainted in flavor.

Do not use the same liquid preservative more than one year.

Spring eggs will keep better than summer or fall eggs.

Infertile eggs are better than fertile eggs for preserving.

Do not leave eggs in the preservative longer than one year.

Rinse the eggs with water, after removing them from the preservative.

Eggs that are in good condition when removed from water-glass solution will usually remain good for at least two weeks.

Water-glass eggs are practically as good as fresh eggs for all cooking purposes. If it is desired to boil them, prick a small hole through the large end of the shell before placing them in the water. The pores of the shell have been sealed by the water-glass solution, and without the pinhole the expanding air within the shell would burst it.

THE CANNING AND PRESERVING OF FRUITS AND VEGETABLES IN THE HOME

(Continued from Page Two)

Treat plums the same as peaches, but double the quantity of sugar. The skins and seeds need not be removed.

Strawberries

Can the same as for blackberries; skim out the berries; put in hot jars; boil down the syrup thick and pour it over them; seal and set in a cool place.

Pears and Apples

Treat exactly the same as for peaches; if they are hard, boil until tender.

In canning fruit no sugar need be used at all, but it makes a much choicer product where it is used.

DRYING FRUITS AND VEGETABLES

Corn

Corn is delicious when dried. Take tender roasting ears; steam until nearly done; cut from the cob with a sharp knife; spread thinly upon boards or dishes; put in the sun to dry. If the tops of the grains are shaved off and the pulp scraped out, leaving most of the husk on the cob, it makes a much finer product. In cooking, it should be soaked for an hour or two in cold water before the final cooking.

CAUTION.—In drying any fruit or vegetable, wire screens, mosquito netting, etc., should be stretched over a suitable frame to keep off the flies.

Okra

Steam until two-thirds done; split in quarters the thickest pods, and dry the same as corn.

Pumpkins

Peel and cut in discs about an inch thick or in thin slices; spread in the sun to dry. Soak several hours in cold water before cooking.

Apples

Peel, quarter, and core the apples; spread in the sun to dry.

Peaches and Pears

Prepare the same as for apples.

Peach Leather (Delicious)

Take over-ripe peaches; peel, seed and mash the flesh to a pulp; spread on platters, and dry in the sun or oven.

Strawberry Leather (Delicious)

Made the same as peach leather.

Jellies

Put the fruit in a stone jar placed in a boiler of hot water. When the fruit is sufficiently softened strain through a thin muslin bag; place juice in a preserving kettle, and allow one pound of sugar to a pint of juice (1 1-8 of a pound if the juice is very sour). While heating juice, place the sugar in a dish in the oven;allow juice to boil twenty minutes; add heated sugar; let all come to a boil and remove from the fire; having scalded glasses, pour them brim full and allow to stand in the sun for a day or until the jelly is thoroughly set; cover with melted paraffin or with tissue paper saturated with brandy.

PICKLES

Cucumbers, small, green cantaloupes, citron, watermelon rinds, green beans, cabbage, green tomatoes, etc., may be packed down in brine (salt and water) made strong enough to float an egg; pack tightly in wooden or stone vessels. When desired for pickles soak in cold water until all the salt is out, and proceed in the usual manner for sweet, sour, or spiced pickle.

The above are only a few of the many ways in which fruit may be kept by canning, preserving, drying, etc. The thrifty housewife will readily see from the preceding suggestions how she can make many delicious and nutritious things not even mentioned here.

The "Winners From The Soil" Story had to be omitted this week. It will appear in the next issue.

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Recipes by Mrs. Charles Banks
Mound Bayou, Mississippi

It was the privilege of the Editor of this paper to spend a few hours in the unique and thriving little town of Mound Bayou, Mississippi, not long ago. The town is interesting, not only because it is a "Colored Town," and is thriving, but also because the town people, in so large a measure, are retaining their interest in farming. Almost all the families there are interested in gardening—but of this, more, later. We started out to say something else.

In the beautiful home of Mrs. Charles Banks, of that city, is a closet which literally groans under its burden of preserves, pickles, and beets which Mrs. Banks has herself put up. They "looked good" onthe shelves and they "tasted good" on bread and delicious cake, as the Editor willingly testifies; and the exhibit of good things on those shelves suggested that the recipes from which they were made would be of interest to other housewives—and husbands, too.

A request for some of these recipes brought the following from Mrs. Banks:

Brandied Peaches

I use 4 lbs. sugar to 1 pint of brandy; make syrup with sugar and a little water; dissolve slowly on back of stove. When the sugar has thoroughly dissolved, put on fire and let boil, then add fruit and boil six minutes. Take fruit out and put in jars, then let syrup boil fifteen minutes or until thick. Take from fire and add brandy (pour over fruit). Seal at once. This will keep indefinitely.

Peach Preserves

Pare fruit over night. To one pound of fruit add one pound of sugar. Sprinkle sugar over fruit. Next morning take fruit out of syrup and put on to boil. When it has boiled a few minutes, drop in the fruit. Let cook over a slow fire until well done. Skim constantly. Add a few slices of lemon or orange peel. (I wash fruit and add a teaspoonful of soda and salt to water. I always half my fruit or leave whole—never quarter it.) Pear preserves can be made the same way, using a little less sugar.

Pickled Beets

Cook beets whole. Slice after being well cooked. Boil vinegar, adding sugar to this and letting cook 15 minutes. Then slice beets and put in hot jars. Seal at once.

(Signed) Mrs. Chas. Banks.

These, as Mrs. Banks advises the paper, are some of her favorite recipes. Try them.

HOW TO MAKE GRAPE JUICE

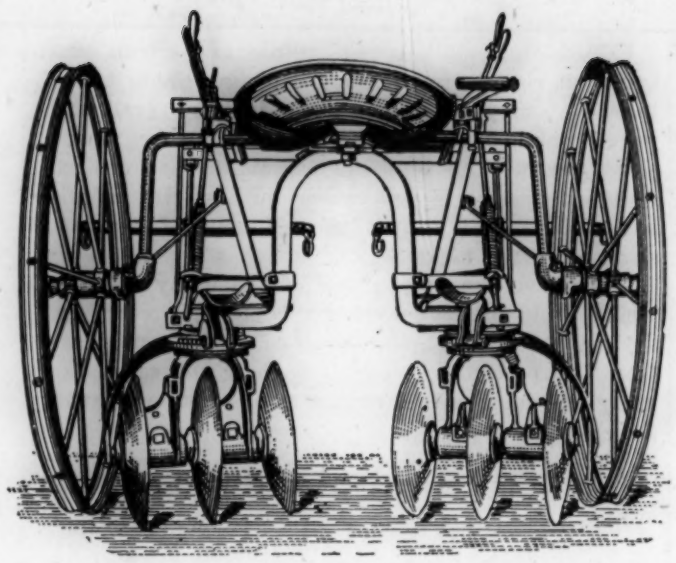
(From Cornell University Reading Course)

The ordinary way of crushing and stewing grapes in order to obtain their juice does not yield a product that does full justice to the grape. A better method is to crush the grapes, add 1 quart of water for each 16 quarts of grapes, and place the kettle containing them over a second kettle containing hot water. The grapes are thus steamed, instead of stewed, until tender; their juice is extracted in the usual way, by pouring the cooked fruit into a jelly bag and allowing it to drip over night. Holding the strained grape juice over night in this way permits it to settle; then the clear top can be poured from the sediment.

The following day the juice is strained into bottles or glass fruit jars, covers and rubbers are adjusted, and the bottles or jars are set on a rack in the boiler or kettle or on the shelf of the steam cooker. If the boiler or kettle is used, cold water is added until it comes up about two inches on the bottle or jar.

The water is then brought gradually to the boiling point and should boil 30 to 60 minutes, according to the size of the jar used. The jars or bottles are then sealed and the juice is ready for storing.

No sugar need be used in making grape juice; it will keep satisfactorily without sugar. If sugar is desired, add it to the juice before pouring it into the container, using 1-8 to 1-4 cup of sugar for each quart of juice.



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THE BUSINESS CHAT

SOUTHERN WHITE LANDOWNER PLANS TO SEND THE NEGRO FARMER TO HIS COLORED FARM TENANTS

Hon Charles W. Hare, a large landowner and a prominent attorney, as well as the Editor of The Tuskegee News, plans to subscribe to The Negro Farmer for the colored tenants who work on his plantations. A part of his letter on the subject is as follows:

"The Negro Farmer, Tuskegee Institute, Alabama.

"Dear Sirs: I am considering the matter of having you to send a copy of your paper to a number of my tenants and I will thank you to let me know what you will charge me for a club of from six to a dozen.

"I believe that your paper has a great field for usefulness among the vast number who must for so many years at least be the principal field and farm laborers for the Southland. I am impressed that every large land owner who has Negro tenants will help himself as well as his tenants by having them read such a paper as you purpose publishing.

"I will be glad to have you put the Tuskegee News on your exchange list. * * * * *

"Yours very truly,

(Signed) "C. W. Hare."

Without any reference to the matter of the bearing of this letter upon The Negro Farmer, it is pertinent to suggest that Mr. Hare's action in this matter is indicative of the new attitude of the thoughtful land owners in this section. They must see and they are seeing that the men who work their land should be helped to learn the newer and better methods of farming. These colored tenants are just like any other persons: if they feel that their landlord has a personal interest in their welfare, they will respond to his efforts in their behalf; indeed, no other laborers will respond so readily and willingly.

Mr. Hare has adopted a very good plan, not only to help his colored tenants, but to make them take a newer interest in his land and welfare.

This is our "Preserving-Food-For-Winter Number." You want to look about you for firms from whom you may purchase cans, outfits, etc. This paper contains the addresses of three very reliable firms, namely—

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Tharp Hardware & Mfg. Co., Monroe, N. C.
American Can Company, Baltimore, Md., Chicago, Ill., New Orleans, La., Atlanta, Ga., Dallas, Texas.

All of these are good firms with which to deal.—Advt.

SCHOOL BOYS—ATTENTION!

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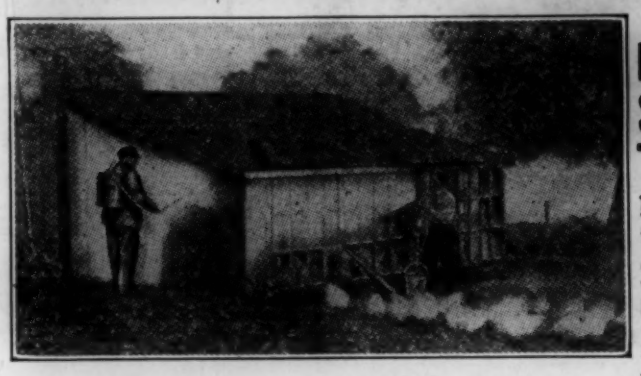

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